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Even if night-shift workers can get sleep during the daytime, it is easier said than done to work through the night.

Feeling hungry is one of the hardships of night duty. But that has not been a problem here at this year's Reception, Staging, Onward-movement and Integration exercise.

Camp Walker RSO&I participants get their night meals through the dining facility of Headquarters and Headquarters Company, 19<sup>th</sup> Theater Support Command. They provide three kinds of night meals to solve the problem of growling stomachs during the 'O-dark-thirty' hours.

Jimmy Dean, Meals Ready-to-Eat and Ramen are distributed to night-shift participants as a night meal. Jimmy Dean and MREs are rotated daily. Ramen is prepared every day. In addition, some kinds of fruits are provided from time to time.

"The most popular night meal is probably Jimmy Dean. But for the KATUSA soldiers, Ramen is their most favorite," said Sgt. Clyde Davis JR of 168<sup>th</sup> Medical Battalion.

Approximately 300 to 400 meals are issued every night. In order to pick them up, you should go to the orderly room at the DFAC and indicate how many meals you need. After signing in there, you go back to the kitchen and get your night meals.

Night-shift soldiers can pick up their night meals from 0200 to 0400, besides the operation hours of DFAC.

Some may feel that night meals don't have the same quality as a regular 'hot chow hall meal.' Nevertheless, reactions from soldiers about them are positive. "I think night meals are great, especially Jimmy Deans," said Staff Sgt. Michael Riddick of Eighth U.S. Army's G-4.

"Of course, the MRE is not bad. But I don't like the smell of it."

But it's the taste that counts. . . Right?